

Southwest Nebraska Public Health Department Summary

Counties	Average age	Education	Race / Ethnicity			
Chase, Dundee, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow	40.7 years	H.S Grad / GED or Higher	86.5%	White, non-Hispanic	96.6%	(32,475)
Total population	Median income	College Grad	15.9%	Minority	3.4%	(1,135)
33,610	\$31,999					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Southwest Nebraska area, rates for three indicators for the overall population were significantly better than Nebraska rates. A greater proportion of current cigarette smokers tried to quit smoking within the past year. The average number of times per week that Southwest adults ate food from restaurants or fast food shops was smaller than statewide. A smaller percentage of Southwest respondents felt their immediate area was unsafe for walking, jogging, running or biking due to traffic.
- Rates for five indicators were significantly worse in the Southwest area, compared to Nebraska. A significantly greater proportion of adults were obese. A smaller proportion of Southwest respondents “always” or “nearly always” wore their seatbelts when driving or riding in a motor vehicle. Fewer Southwest adults aged 18 and older had a flu shot in the past year. The average distances to the nearest emergency room and to the emergency room at which respondents preferred to receive care were both significantly higher than the Nebraska average.
- Among men in the Southwest area, the average number of times they ate restaurant or fast food was significantly lower than the average for men statewide. However, Southwest men were more likely to have fallen during the previous three months. They were also less likely than men in Nebraska overall to report having a routine checkup in the past 12 months or to state that they “always” or “nearly always” wear their seatbelts.
- Women in the Southwest were significantly more likely than women statewide to be overweight or obese as well as to have elevated blood cholesterol levels.

Health-Related Quality of Life

- Among Southwest Nebraska adults, 22.9% considered their general health “fair” or “poor.”
- Southwest area adults rated their physical health as “not good” an average of 4.6 days in the past month.
- Area respondents averaged 3.2 days in the past month when their mental health was “not good.”
- Poor physical or mental health prevented Southwest adults from participating in their usual activities an average of 4.1 days in the past 30 days.

Health Care Access

- About one-fifth of District residents 18 to 64 years old (19.6%) reported having no health care coverage.
- One-sixth of Southwest adults (16.6%) did not have a personal doctor or health care provider. Men in this area (24.2%) were significantly more likely than Southwest women (9.5%) to report not having a personal physician.
- Among adults in the Southwest area, 12.7% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Two-thirds of the adults in this area (67.7%) reported visiting a doctor for a routine checkup within the past year. Men in the Southwest (59.0%) were significantly less likely than men statewide to have had a checkup. They were also significantly less likely than women in this area (76.1%) to report a checkup during the last 12 months.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly farther in the Southwest area (13.9 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care was 21.3 miles (significantly farther than the statewide average).
- More than one-half of Southwest adults (58.1%) reported no problems or barriers to getting medical care, other than cost.

- Among Southwest area residents who reported a problem getting medical care (other than cost), work (8.2%), long waits (18.3%), and not having insurance (25.5%) were mentioned most frequently.
- Southwest Nebraska residents most often cited a doctor (45.4%) as their primary source of information on health issues. Family or friends (14.4%) and the Internet (12.6%) were also mentioned frequently.

Cardiovascular Disease

- One in eight Southwest area adults (12.8%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In the Southwest, 37.7% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Southwest area were much more likely to identify cardiovascular disease (80.4%) than they were to identify stroke (45.6%) as something untreated high blood pressure can lead to.
- The majority area adults (70.7%) had their cholesterol level checked during the last five years.
- Among area respondents who ever had their blood cholesterol level checked, 41.1% had been told it was high. Women in the Southwest (47.1%) were significantly more likely than women in Nebraska overall to report having high cholesterol.
- During the past year, 14.7% of Southwest area adults were certified to perform CPR.

Diabetes

- Among Southwest area residents, 8.4% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of Southwest women aged 40 or older (69.4%) reported having a mammogram in the past two years.
- More than one-fourth of adults aged 50 or older (26.6%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Southwest (46.4%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- About one in seven Southwest Nebraska adults (13.7%) had ever been told they had asthma, while 11.8% currently have this disease.

Overweight and Obesity

- More than two-thirds of Southwest area adults (69.2%) reported heights and weights that placed them in the "overweight or obese" category (Body Mass Index = 25 or higher). Women in the Southwest (67.0%) were significantly more likely than women statewide to be overweight or obese.
- Adults with a Body Mass Index of 30 or higher are classified as "obese". The proportion of adults in the Southwest area who were obese (31.9%) was significantly higher than the proportion for Nebraska adults overall.

Tobacco Use

- Among Southwest Nebraska adults, 18.3% currently smoke cigarettes, either daily or on some days of the month.
- More than one-fourth of adults in this area (26.9%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke). Men in the Southwest (37.7%) were significantly more likely than women in the area (16.9%) to be former smokers.
- The proportion of current smokers in the Southwest who reported trying to quit smoking during the past year (70.6%) was significantly higher than the Nebraska rate.
- Nearly three-fourths of the adults in this area (73.3%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 81.7% stated that their workplace's smoking policy does not permit smoking in any work areas.

Physical Activity and Sedentary Behaviors

- One-fourth of adults in the Southwest (25.0%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.

- On the other hand, 47.3% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- One-half of Southwest Nebraska adults (50.2%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Less than one-fourth of Southwest area respondents (23.3%) consumed fruits and vegetables the recommended five or more times per day.
- Thirty-eight percent of adults (38.0%) were knowledgeable about what “Five-a-Day” means, with women (49.9%) significantly more likely than men (25.2%) to know what this phrase means.
- Only 13.2% of area respondents reported consuming dairy products three or more times daily.
- On average, Southwest Nebraska adults ate food from restaurants or fast food shops significantly less often (1.6 times per week) than adults statewide. Men in the area reported significantly fewer times per week (1.7) when they ate out than men statewide.
- One-fourth of adults (27.2%) rated foods at community events in the Southwest area as “always” or “almost always” healthy. However, the majority of respondents (59.3%) stated that the selection of healthy food at community restaurants and fast food shops was only “somewhat or very good.”
- Only about one-fourth of respondents (25.9%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the Southwest area, 43.4% of adults consumed at least one drink of alcohol in the past 30 days.

Injury

- One in six adults in the Southwest (16.7%) said they had fallen in the past three months. Of those who had fallen, 41.3% were injured by the fall. Men in this area (22.9%) were significantly more likely than Nebraska men overall to experience a fall.
- Compared to adults statewide, a significantly smaller proportion of Southwest area respondents (80.5%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car. Men in this area (68.4%) were significantly less likely than men statewide to report always or nearly always wearing their seatbelts. Southwest men were also significantly less likely than Southwest women (91.6%) to wear their seatbelts.
- Among households with a child aged 5 to 15 who rode a bicycle, 27.3% of respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding.

Immunization

- Among Southwest Nebraska residents aged 18 and older, 38.5% got a flu vaccination during the past year. This proportion was significantly lower than the Nebraska rate.

Oral Health

- Less than two-thirds of Southwest adults (64.0%) saw a dentist or dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- More than one-third of female respondents in the Southwest area (37.4%) identified cancer as the leading health problem facing women today.
- Only 15.1% of women in the area consider heart disease or heart attack the leading health problem facing women today. However, 48.7% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few Southwest area adults (4.3%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, a significantly smaller percentage of Southwest Nebraska adults (7.0%) respondents reported it is “somewhat” or “very unsafe”, compared to Nebraska overall.

Southwest Nebraska Public Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	456	22.9%	Non-Sig	167	23.7%	Non-Sig	289	22.1%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	447	4.6	Non-Sig	163	4.0	Non-Sig	284	5.1	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	444	3.2	Non-Sig	163	2.8	Non-Sig	281	3.5	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	226	4.1	Non-Sig	78	4.3	Non-Sig	148	3.9	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	289	19.6%	Non-Sig	119	23.1%	Non-Sig	170	15.9%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	457	16.6%	Non-Sig	167	24.2%	Non-Sig	290	9.5%	Non-Sig	Yes
3. Needed to see a doctor in past year but could not because of cost	454	12.7%	Non-Sig	167	11.9%	Non-Sig	287	13.4%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	446	67.7%	Non-Sig	167	59.0%	Lower	279	76.1%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	454	13.9	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	444	21.3	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	452	58.1%	Non-Sig	165	63.6%	Non-Sig	287	53.1%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	191	1) No Insurance (25.5%)		2) Long Wait (18.3%)		3) Time/Distance (11.1%)		(Other= 18.2%)	
	Men	61	1) No Insurance (28.1%)		2) Long Wait (17.6%)		3) Time/Distance (10.6%)		(Other=17.5%)	
	Women	130	1) No Insurance (23.6%)		2) Long Wait (18.8%)		3) Time/Distance (11.9%)		(Other= 18.7%)	
9. Primary source for getting information on health issues or illness										
	Overall	440	1) Doctor (45.4%)		2) Family/Friends (14.4%)		3) The Internet (12.6%)		(Other= 5.4%)	
	Men	161	1) Doctor (37.9%)		2) Family/Friends (21.4%)		3) Newspaper (13.9%)		(Other= 5.3%)	
	Women	279	1) Doctor (52.5%)		2) The Internet (16.4%)		3) Newspaper (9.7%)		(Other= 5.6%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	451	12.8%	Non-Sig	166	15.9%	Non-Sig	285	9.9%	Non-Sig	No
2. Ever told blood pressure was high	456	37.7%	Non-Sig	167	39.4%	Non-Sig	289	36.1%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	457	45.6%	Non-Sig	167	38.2%	Non-Sig	290	52.4%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	457	80.4%	Non-Sig	167	75.6%	Non-Sig	290	84.9%	Non-Sig	No
5. Had cholesterol checked during the past five years	441	70.7%	Non-Sig	163	63.0%	Non-Sig	278	77.9%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	361	41.1%	Non-Sig	124	33.3%	Non-Sig	237	47.1%	Higher	No
7. Were CPR certified during the past year	455	14.7%	Non-Sig	166	13.9%	Non-Sig	289	15.5%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	457	8.4%	Non-Sig	167	5.5%	Non-Sig	290	11.0%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	236	69.4%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	281	26.6%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	278	46.4%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	457	13.7%	Non-Sig	167	13.1%	Non-Sig	290	14.2%	Non-Sig	No
2. Currently has asthma	455	11.8%	Non-Sig	166	11.2%	Non-Sig	289	12.3%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	434	69.2%	Non-Sig	164	71.6%	Non-Sig	270	67.0%	Higher	No
2. Obese (BMI 30+)	434	31.9%	Higher	164	31.8%	Non-Sig	270	32.0%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	456	18.3%	Non-Sig	167	21.6%	Non-Sig	289	15.2%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	456	26.9%	Non-Sig	167	37.7%	Non-Sig	289	16.9%	Non-Sig	Yes
3. Current smokers who tried to quit during the past year	77	70.6%	Higher	^	^	---	^	^	---	---
4. Smoking not allowed in home	456	73.3%	Non-Sig	166	74.6%	Non-Sig	290	72.2%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	170	81.7%	Non-Sig	^	^	---	123	81.2%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	455	25.0%	Non-Sig	167	27.5%	Non-Sig	288	22.8%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	417	47.3%	Non-Sig	157	51.8%	Non-Sig	260	42.8%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	443	50.2%	Non-Sig	164	47.8%	Non-Sig	279	52.5%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	457	23.3%	Non-Sig	167	13.0%	Non-Sig	290	32.9%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	456	38.0%	Non-Sig	167	25.2%	Non-Sig	289	49.9%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	456	13.2%	Non-Sig	166	12.1%	Non-Sig	290	14.1%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	452	1.6	Lower	165	1.7	Lower	287	1.6	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	456	27.2%	Non-Sig	166	25.9%	Non-Sig	290	28.4%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	449	59.3%	Non-Sig	161	52.4%	Non-Sig	288	65.4%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	449	25.9%	Non-Sig	161	22.7%	Non-Sig	288	28.7%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	456	43.4%	Non-Sig	166	50.7%	Non-Sig	290	36.6%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	457	16.7%	Non-Sig	167	22.9%	Higher	290	10.9%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	63	41.3%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	457	80.5%	Lower	167	68.4%	Lower	290	91.6%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	82	27.3%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	454	38.5%	Lower	167	29.8%	Non-Sig	287	46.6%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	451	64.0%	Non-Sig	165	59.7%	Non-Sig	286	68.1%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	288	37.4%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	288	15.1%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	290	48.7%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	454	4.3%	Non-Sig	166	3.7%	Non-Sig	288	4.8%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	451	7.0%	Lower	165	6.4%	Non-Sig	286	7.6%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005